



PORK LOIN CHOPS, FROZEN, BONELESS

Date: July 2013

Code: 110380

PRODUCT DESCRIPTION

- Boneless, center cut, frozen, pork loin chops.

PACKAGING

- Pork chops are packed in a 1-pound packages.

STORAGE

- Keep pork chops frozen at 0 degrees F until ready to use.
- After cooking, store any leftover pork chops in a refrigerator. Use within 3 to 5 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please see our memo: www.fns.usda.gov/fdd/policymemo/pmfd107_N_SLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

PREPARATION/COOKING

- Pork chops can be baked in the oven, grilled or cooked stovetop.
- For approximate cooking times see package for instructions.
- When cooked, pork chops can be served sliced, diced, chopped or whole.

USES AND TIPS

- Pork chops can be used for tacos, casseroles, or as a main dish. Use diced pork chops for tacos and casseroles.
- Serve pork chops with vegetables, rice or pasta.

NUTRITION INFORMATION

- One pork chop counts as 4 ounces in the MyPlate.gov Protein group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces of meat. Keep meat portions small and lean.

FOOD SAFETY INFORMATION:

- Three safe ways to thaw pork: in the refrigerator, in cold water (in an airtight or leak-proof bag) and in the microwave. If using water submerge the bag in cold water, changing water every 30 minutes so that it stays cold. Never thaw at room temperature on the counter.
- Cook pork chops to a safe internal temperature of 145 degrees F, using a food thermometer. For safety and quality, allow meat to rest for at least three minutes before carving or consuming.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 chop (4 oz)

Amount Per Serving

Calories	190	Calories from Fat	100
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% Daily Value*

Total Fat 11 g		16%
Saturated Fat 4 g		19%
Trans Fat 0 g		
Cholesterol 70mg		23%
Sodium 55 mg		2%
Total Carbohydrate 0 g		0%
Dietary Fiber 0 g		0%
Sugars 0 g		
Protein 23 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

ORANGE AND HONEY GLAZED PORK CHOPS**MAKES ABOUT 4 SERVINGS****Ingredients**

4 Boneless Pork Chops
 ¼ cup Honey
 1/3 cup orange juice
 1 tablespoon parsley flakes

Directions

1. Sprinkle all sides of chops with garlic pepper seasoning.
2. Broil, 5 to 6 inches from heat, for 6 to 7 minutes per side until internal temperature reaches 150°F.
3. Combine orange juice and honey; brush on pork chop surface; broil 1 minute. Turn and repeat with other side. Sprinkle with parsley before serving.

Nutritional Information for 1 serving (about 1/4 of recipe)							
Calories	265	Cholesterol	470 mg	Total Carbohydrate	20 g	Protein	23g
Calories from Fat	97	Sodium	58 mg	Dietary Fiber	0 g		
Total Fat	11 g						
Saturated Fat	4g						

*Recipe from Farmland Foods, Inc 2013***BBQ PORK CHOP SKILLET****MAKES ABOUT 4 SERVINGS****Ingredients**

4 Pork Loin Chops
 1/2 cup barbecue sauce
 2 tablespoons jalapeno jelly (optional)
 1 teaspoon olive oil

Directions

1. Heat oil in large nonstick-coated skillet over medium-high heat. Brown chops, about 2 minutes on each side.
2. Add remaining ingredients to pan, stirring to blend. Cover and simmer for 5 to 8 minutes until internal temperature reaches 150°F.

Nutritional Information for 1 serving (about 1/4 of recipe)							
Calories	266	Cholesterol	70 mg	Total Carbohydrate	16 g	Protein	23 g
Calories from Fat	110	Sodium	475 mg	Dietary Fiber	0 g		
Total Fat	12 g						
Saturated Fat	4 g						

Recipe from Farmland Foods, Inc 2013